



## 2008 Live Well Challenge Points for Eat Smart Focus Area

HEALTHY BEHAVIOR – EAT SMART		POINTS PER ACTIVITY
<b>Eat a healthy breakfast</b> <b>Examples:</b> whole grain cereal, orange juice, fruit, OR whole wheat bagel, egg, juice OR yogurt, fruit, whole wheat toast.		1 point daily 7 points max per week
<b>Eat 2 ½ cups of vegetables daily</b> In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup. <b>Examples:</b> 1 cup is equal to 2 medium carrots, 1 large baked sweet potato, 1 large raw tomato, 2 large stalks of celery, 1 large ear of corn.		1 point daily 7 points max per week
<b>Eat 2 cups fruit daily</b> In general, 1 cup of fresh, canned, frozen fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup. <b>Examples:</b> 1 cup is equal to 1 small apple, 1 large banana, 32 seedless grapes, 1 large orange, 1 medium pear, 8 large strawberries, 2 large plums, 1 medium grapefruit.		1 point daily 7 points max per week
<b>Eat 3 ounce equivalents of whole grains daily</b> Choose foods that name one of the following whole-grain ingredients <i>first</i> on the label's ingredient list: "brown rice", "bulgur", "graham flour", "oatmeal", "whole-grain corn", "whole oats", "whole rye", "whole wheat", "wild rice" <b>Examples:</b> 1 ounce is equal to 1 slice of bread, 1 cup of ready-to-eat cereal, ½ cup of cooked rice, ½ cup of cooked pasta, or ½ cup of cooked oatmeal.		1 point daily 7 points max per week
<b>Visit a Farmers Market <u>or</u> Choose a Healthier Vending Machine Snack</b>		2 points per visit/snack 2 points max per week
STRESS LESS AND GENERAL HEALTH		POINTS PER ACTIVITY
<b>Engage in a stress reduction activity for at least 15 minutes daily</b> <b>Examples:</b> meditate, keep a journal, read a book, soak in a hot bath, write a letter, listen to relaxing music, play a game, get a massage, practice yoga or tai chi.		1 point daily 7 points max per week
<b>Drink 8 - 8oz glasses of water per day</b>		1 point daily 7 points max per week
<b>Brush teeth twice daily and floss at least once daily</b>		1 point daily 7 points max per week
<b>Sleep 7 hours or more each night</b>		1 point daily 7 points max per week
WORKSITE HEALTH PROMOTION		POINTS PER ACTIVITY
<b>Participate in a Worksite Activity</b> <ul style="list-style-type: none"> <li>• Host or attend a healthy lunch or breakfast potluck</li> <li>• Use the Healthy Meeting Guidelines to provide healthier food choices and add activity</li> <li>• Lead or join a lunch time walk</li> <li>• Lead or join a stretch break at work</li> </ul> <b>Use a tool on the Focus on Employees website: <a href="http://www.metrokc.gov/employees">www.metrokc.gov/employees</a></b> <b>Eat Smart</b> <ul style="list-style-type: none"> <li>• Try a new fruit or vegetable and share it with a co-worker</li> <li>• Sign up for the recipe of the week and try a new healthy recipe</li> <li>• Use an Eat Smart Tool to: test your food label knowledge, assess the nutrients in your diet, take the Portion Distortion quiz, or use the MyPyramid Tracker tool.</li> </ul> <b>Move More</b> <ul style="list-style-type: none"> <li>• Try a "Local Events" activity</li> <li>• Take the Fitness Type quiz to learn about resources for your fitness level</li> <li>• Complete a free exercise diary and track your progress towards a goal</li> </ul>		5 points per activity 5 points max per week

<ul style="list-style-type: none"> <li>• “Discover” a walking trail by your home or work</li> </ul> <b>Stress Less</b> <ul style="list-style-type: none"> <li>• Take one of two interactive quizzes to evaluate your stress level</li> <li>• Take the Stress Smarts quiz to learn more about symptoms and effects</li> </ul>	
<b>SPECIAL ACTIVITIES/EVENTS</b> <b>(75 POINTS MAXIMUM FOR THE CHALLENGE)</b>	<b>POINTS PER ACTIVITY</b> <b>(REPORT POINTS IN WEEK 6)</b>
<b>Take a healthy cooking class</b> <ul style="list-style-type: none"> <li>• Puget Sound Fresh <a href="http://dnr.metrokc.gov/wlr/farms/partners-cooking-schools.htm">http://dnr.metrokc.gov/wlr/farms/partners-cooking-schools.htm</a></li> <li>• Whole Foods <a href="http://www.wholefoodsmarket.com/stores/index.html">www.wholefoodsmarket.com/stores/index.html</a></li> <li>• Cooking class held at a local community center or community college.</li> </ul>	10 points per class 20 points max for Challenge
<b>Take a new physical activity class</b> Classes are available through: <ul style="list-style-type: none"> <li>• Local Parks and Recreation Departments – for example, <a href="http://www.seattle.gov/PARKS/">www.seattle.gov/PARKS/</a></li> <li>• Community colleges – for example, <a href="http://www.conted.bcc.ctc.edu/health/index.asp">www.conted.bcc.ctc.edu/health/index.asp</a></li> <li>• YMCA – <a href="http://www.seattleyymca.org/page.cfm">www.seattleyymca.org/page.cfm</a></li> <li>• Gyms – Check out the list <a href="http://www.metrokc.gov/employees/kcgym/default.aspx">www.metrokc.gov/employees/kcgym/default.aspx</a></li> </ul>	10 points per class 20 points max for Challenge
<b>Take the Puget Sound Community Checkup Survey</b> Visit: <a href="http://www.zoomerang.com/Survey/survey.zgi?p=WEB227ZM5HQAUG">www.zoomerang.com/Survey/survey.zgi?p=WEB227ZM5HQAUG</a>	10 points 10 points max for Challenge
<b>Register for the Puget Sound Heart Walk</b> Visit: <a href="http://www.pugetsoundheartwalk.org">www.pugetsoundheartwalk.org</a>	10 points 10 points max for Challenge
<b>Choose a Healthy (and Green) Commute</b> Commuting by transit, biking, or walking is both greener and healthier! If you are not already using transit, try it out. Already a transit user? Get off a stop early and walk the rest of the way or try biking. Visit: <a href="http://www.metrokc.gov/employees/">http://www.metrokc.gov/employees/</a> (My Transportation)	1 point per day 10 points max for Challenge
<b>“Know Your Numbers”</b> Find out and record your “numbers”. Then use an on-line tool to understand what they mean. <ul style="list-style-type: none"> <li>• Blood glucose - <a href="http://www.msdh.state.ms.us/msdhsite/static/43,1161,91,214.html">www.msdh.state.ms.us/msdhsite/static/43,1161,91,214.html</a></li> <li>• Blood pressure - <a href="http://www.webmd.com/hypertension-high-blood-pressure/hypertension-health-check/default.htm">www.webmd.com/hypertension-high-blood-pressure/hypertension-health-check/default.htm</a></li> <li>• Body Mass Index - <a href="http://www.mayoclinic.com/health/bmi-calculator/NU00597">www.mayoclinic.com/health/bmi-calculator/NU00597</a></li> <li>• Cholesterol - <a href="http://www.mayoclinic.com/health/ldl-cholesterol/CL00034">www.mayoclinic.com/health/ldl-cholesterol/CL00034</a></li> </ul>	5 points per measurement 20 points max for Challenge
<b>Create a Personal Health Record (PHR)</b> A PHR can help you understand and manage your medical information to improve your well-being and the quality of health care you receive. <ul style="list-style-type: none"> <li>• Aetna – Register or log in to Aetna Navigator, <a href="http://www.aetna.com/">www.aetna.com/</a></li> <li>• Group Health – Register or log in to MyGroupHealth, <a href="http://www.ghc.org/">www.ghc.org/</a></li> </ul>	20 points 20 points max for Challenge
<b>Participate in a “challenge activity” - any organized physical activity event which challenges you</b> <ul style="list-style-type: none"> <li>• Bicycle rides, various event dates: <a href="http://www.cascade.org/Community/Bike_Rides.cfm">www.cascade.org/Community/Bike_Rides.cfm</a></li> <li>• Hikes, various event dates: <a href="http://www.issaquahalps.org/schedule.html">www.issaquahalps.org/schedule.html</a></li> <li>• Street Scrambles, various dates: <a href="http://www.streetscramble.com">www.streetscramble.com</a></li> <li>• Triathlons, various dates: <a href="http://www.trifreak.com/">www.trifreak.com/</a> or <a href="http://www.uswts.com/wa/welcome.htm">www.uswts.com/wa/welcome.htm</a></li> <li>• Volksmarches, various event dates: <a href="http://ava.org/clubs/esva/2008_nw_events.html">http://ava.org/clubs/esva/2008_nw_events.html</a></li> <li>• Any other organized physical activity event (bike ride, run, hike etc.)</li> </ul>	20 points per event 20 points max for Challenge
<b>Be a Health Hero</b> Submit a personal success story or testimonial to: <a href="mailto:livewellchallenge@kingcounty.gov">livewellchallenge@kingcounty.gov</a>	20 points per story 20 points max for Challenge
<b>TOTAL POSSIBLE POINTS FOR CHALLENGE</b>	<b>POINTS</b>
<b>Eat Smart</b>	180
<b>Stress Less and General Health</b>	168
<b>Worksite Health Promotion</b>	30
<b>Special Activities/Events</b>	75
<b>Goal Points</b> (50 points for reaching goal in weeks 1-3, 50 points for reaching goal in weeks 4-6)	100
<b>TOTAL POSSIBLE POINTS</b>	553

\*To be eligible to win weekly prizes, points must be entered by 11:59 p.m. by the Team Captain on the Tuesday following the week during which the points were earned.